

**WHAT TO
TRACK**

BIKINI

BOOTCAMP

TRACKING LOGS

TRAINING LOG

Date: _____

Did you workout today? _____

WORKOUT	TIME

OF SETS COMPLETED: _____

TRAINING NOTES

How did you feel before? _____

How do you feel after? _____

Any challenges? _____

WORKOUT PRODUCTIVITY

Ability to workout without stopping for breaks

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Ability to stick to your routine or plan (to-do list) for the day

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Overall performance

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

RESULTS TRACKER

Sleep Quality

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Mood

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

Energy

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

FOOD LOG



Date: _____

	FOOD/DRINKS	TIME
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		

WATER



MULTIVITAMIN



SUPPLEMENTS

BIKINI BOOTCAMP 1.0

#gobikini



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